

Welcome



EARTH BODY: Movement For All G25060407

with Rulan Tangen
June 27-29, 2025

Greetings,

This is Rulan Tangen, Artistic Director of Dancing Earth, and I give you a heartfelt embrace for taking the time to be a part of EARTH BODY : Movement for All, a summer retreat at Ghost Ranch, that centers on eco-somatic practices to revitalize your presence as rooted within a sense of place.

Its a beautiful time of year at Ghost Ranch to go into motion: with intention, to renew and crystallize intuition and imagination through embodied practices. So thank you for choosing the wisdom of your body. I experience this as a weaving of the inner dreamscape to the outer landscape, through an awakened awareness of body through movement !

You are warmly welcomed, and the learning environment will be encouraging , inspiring, and empowering because you are 'boss of your body' and can adapt and respond to the movement ideas in ways that feel healthy to you. From beginners to advance movers, these practices are designed to revitalize you.

Please let me know of any injuries or other sensitivities before the retreat. And, I encourage you to share any goals also (such as: feeling good! Or, more strength, more flexibility, more coordination, more purpose in movement, more connection with nature, more connection with other movers). And, essential oils may be used and documentary photos may be taken at certain moments.

If you fall in love with eco-somatic movement , or want to prepare for June connecting body with energy sources of mind, heart, spirit, and earth, please know that I have been invited for a few guest classes in Santa Fe in May and June : <https://www.dancingearth.org/liveclasses>

I look forward to moving with you, just after summer solstice and I can't

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think of a better way to start the summer, than moving together! Much appreciation for being ready to be your fullest self!

With a dancing spirit,

Rulan
www.dancingearth.org

SCHEDULE:

Friday evening ~ Check-in & Orientation

3:00 Check-in begins

4:00-5:15 pm Join Rulan for Mesa walk **optional

5:30-6:30 pm Dinner in Ghost Ranch Dining Hall. All meet up at Dining Hall to eat together, followed by introductions and orientation.

6:30 to 8:00 pm Opening Circle, Creative Intro (presenting object of story, possibly tarot or essences), making of altar and Restful movement before bedtime with journal prompts

Saturday

7:30-8:30 am Breakfast

9:00 am Meet outside of yurt for Morning Ritual: Breathing Life, Morning Movement Meditation, Intentions

9:30 -11:30 am Embodiment practices: from release into revitalization into spiral of sensuous, and Multi sensory prompts for earthwalk

12 Noon-1:00 pm Lunch

1:00-2:30 pm Siesta / personal time

2:30-4:15 pm Meet at Labyrinth for Earthwalk, gathering, then Movement: in relationship with the earth body, possibly mapping imagination and relationship with drawing and writing

4:15-5:15 pm Evening: rest and dreaming closing stretches, and poetic journaling prompts

5:30-6:30 pm Dinner

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5:30-6:30 pm Dinner

Optional nighttime, to be decided by group:

- Rhythmic dance
- Conversations together
- stargazing and poetic journalling together
- Or, Rest and recovery time !

Sunday

7:30-8:30 am Breakfast

Pack up rooms to meet by 9 (check out time is 10:00 am)

9:00-10:30 am Morning ritual: Invigorating movement with intuition and imagination and closing circle reflections of what each received, with feedback survey. Invitations to upcoming events, live and online

For your experience, I encourage you to bring:

- Comfortable clothing suitable to movement, in layers
- Shoes that slip on and off easily
- Refillable water bottle
- Optional reusable container to store food from meals as snacks
- Optional Personal yoga mat and blanket (public use yoga mat and blanket provided)
- Small personal towel if needed
- Socks and the ability to be barefoot indoors. Or, foot covering is needed for personal

reasons such as: ballet slippers, dance sandals, or a supportive sneaker that is not worn outdoors, or sanitized wipes to clean protective shoes if worn outside, before use in- doors)

- Check weather : umbrella, sunhat and sunscreen, bugspray, snow boots options as need- ed!
- Eye mask and ear plugs for travel use as needed

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- A smartphone to document images or use with earphones to hear music when outdoors (unless it is a silent practice)
- Journal notebook and pen /pencil
- Your favorite quotes or book that inspires you
- Carried in your mind/heart: an ancestor, deity/goddess, hero/heroine or plant/flower/tree/animal/mountain architecture that guides and inspires you
- A special personal item for the collective altar/mandala (to be returned at the end of workshop)
- Open mind, and open heart !